



# Homework Choice Grid: Farm to Fork



Colour in the boxes to show which activities you have done.

Measure out some ingredients to help with a family meal.	Explore the food labels on supermarket packaging.	Make a fruit or vegetable kebab and talk about where each ingredient comes from.	Write or draw a recipe that includes some farm produce.	<b>Please make sure you do these activities with an adult.</b>
Help add some totals at the supermarket.	Play food/farm/supermarket themed 'I Spy'.	Use ICT to research different types of farms.	Make my own lunchbox for my lunch at school.	Make a fruit salad and talk about where each ingredient comes from.
Do a fruit and vegetable taste test with an adult. Who can correctly identify the food?	Make a miniature model farm.	Make a simple snack.	Grow some healthy plants.	Cut some fruit in half and draw the inside.
Find different fruits on the internet.	Help prepare some ingredients for dinner.	Design a meal using the Eatwell plate.	Design a new fruit, give it a name and draw it.	Design a healthy lunchbox.